

## Special Issue

# The Role of Nutrition and Physical Activity in Autoimmune Diseases

### Message from the Guest Editor

Autoimmune diseases are a diverse group of diseases affecting almost all organs and systems and characterized by an abnormal immune response to their own tissues and organs. Nutritional factors appear to be of increasing importance. Celiac disease causes gluten sensitivity, the best-known effect of nutritional factors in autoimmune disease. Increasingly, studies also indicate the role of nutrition in IBD and the influence of nutrition through not only typical autoimmune mechanisms but also highly processed foods. Diet as a modifiable factor also has the potential to improve clinical outcomes for several major autoimmune diseases. Physical activity is an essential component of a healthy lifestyle, impacting energy balance, promoting the functional ability of various systems, and improving immunity. Both may influence lifelong health by improving body composition, musculoskeletal health, and physical and cognitive performance. Physical activity can replace many drugs, but nothing can replace physical activity—this slogan is important not only in terms of maintaining a healthy body weight or preventing metabolic disorders, but also regarding autoimmune disorders.

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## Nutrients

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*Nutrients* is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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